

**Emotional Health and Wellbeing Service Offer for Children and Young People in Calderdale**

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|  | **Calderdale’s emotional health and wellbeing website, Open Minds** Provides advice, information, support and signposting on local and national services that help children and young people who are going through a difficult time. [**www.openmindscalderdale.org.uk**](http://www.openmindscalderdale.org.uk) |
|  | **Kooth.com**Offers safe anonymous online counselling with a qualified professional. Age range: **10-25years**Opening times: Mon-Fri, 12pm-10pm. Sat-Sun 6pm–10pmContact details: [**www.kooth.com**](http://www.kooth.com)  |
| **Image result for Timeout Calderdale** | **Time Out Listening Line** Offers the opportunity to get some simple advice and guidance about how to keep busy and reduce anxiety. The website offers a platform to have your say and get involved in the Time Out project. Age range: **10-19 years** Contact details: **07418311736 (text to book an appointment)**Website details: [www.timeoutcalderdale.co.uk](http://www.timeoutcalderdale.co.uk) |
|  | **Barnardo’s Positive Identities Service for those who identify as LGBTQ+**For specialist advice and support around sexual or gender identity. Age range: **8-21 years** Contact details: **01422 371993**Website details: [www.barnardos.org.uk/what-we-do/supporting-young-people/LGBTQ](http://www.barnardos.org.uk/what-we-do/supporting-young-people/LGBTQ) |
| **Invictus Wellbeing Services** | **The BREW Project** Offers online bespoke 1:1 support sessions with a wellbeing officer or a 1-1 walk and talk service. Age range: **5-17 years** Opening times: Mon-Fri, 9am-5pm Contact details: **01422 730015** Website details:support@invictuswellbeing.com  |
|  | **C&K Careers Chat**For specialist advice, support and guidance on future career options. Age range: **13-24 years** Opening times: Mon-Fri, 9am-5pm. Thu 9am-8pm. Contact details: **01484 213856 or** **chat@ckcareers.org.uk** Website details: [www.ckcareersonline.org.uk/news/333-chat](http://www.ckcareersonline.org.uk/news/333-chat) |
| **C:\Users\eeey\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\LU4TX4D2\YC logo.jpg** | **Calderdale Young Carers Service** For specialist advice and support on being a young carer. Age range: **8-18years** Opening times: Mon-Fri, 9am-5pm Contact details: **01422 261208 or** **calderdaleyoungcarers@calderdale.gov.uk** Website details: [www.calderdale.gov.uk/v2/residents/health-and-social-care/young-people/young-carers/young-carers-service](http://www.calderdale.gov.uk/v2/residents/health-and-social-care/young-people/young-carers/young-carers-service)  |
|  | **Healthy Futures Calderdale, ChatHealth**Offers a confidential and secure text messaging service todiscuss physical health and emotional wellbeing support needs.Age range: **school-aged children**Opening times: Mon-Fri, 9am-5pmContact details: **07480 635297** |
| Healthy_futures_Long_Logo_colour | **Healthy Futures Calderdale, COVID-19 support** Offers advice and support from specialist public health clinicians on any concerns you have relating to COVID-19, including worries about the return to school. Age Range: **School-aged children** Opening times: Mon-Fri, 9am-5pm Contact details: phone **030 33 309974** or text **07480 635297** |
|  | **Healthy Futures Calderdale, Branching Out** For specialist advice and support around drugs and alcohol. Age range: **10-21 years** Contact details: **01422 415550 (option 2)**Website details: [www.calderdalerecoverysteps.org.uk/branching-out](http://www.calderdalerecoverysteps.org.uk/branching-out)  |
|  | **Healthy Futures Calderdale, Sexual Health**For specialist advice and support around sexual health.Age range: **school-aged children**Contact details: **01422 261370**Website details: [www.sexualhealth.cht.nhs.uk/contact-us](http://www.sexualhealth.cht.nhs.uk/contact-us)  |
| Open Minds logo colour | **Open Minds (CAMHS)** For specialist help and support around mental health. Age range: **5-18 years** Contact details:[**www.calderdalecamhs.org.uk/how-to-refer/**](http://www.calderdalecamhs.org.uk/how-to-refer/)Website details: [www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)  |